



Vanderbilt Recreation  
& Wellness Center

# Yoga on the Lawn You're Invited!!



**When:** Thursday, May 14th  
12:00 - 12:45 PM

**Where:** Grassy Lawn Between the  
VA Hospital & Light Hall

**With:** VRWC Group

Fitness Coordinator Lori Cowan

**What to Bring:** Comfortable Clothes!

For more information call Marilyn Holmes (615) 343-2628 or

[Marilyn.c.holmes@vanderbilt.edu](mailto:Marilyn.c.holmes@vanderbilt.edu)

# National Employee Health & Fitness Day



Vanderbilt Recreation  
& Wellness Center

## Wednesday, May 20, 2015

Join the celebration as Vanderbilt recognizes a day to inspire and sustain healthy lifestyle actions at work! Visit the Vanderbilt Recreation and Wellness Center (VRWC) throughout the day May 20 as part of the National Employee Health and Fitness Day **Free Open House**

### **7-8am Grab and Go Smoothie King Smoothies**

*Medical Center North Round Shuttle Drop-off (while supplies last)*

### **10am-2pm Know Your Numbers & Healthy Samples**

*-KYN provided by Health Plus Outside Eskind Library*

*-Healthy samples @ Suzie's Espresso in the Adult Hospital Lobby, Children's Hospital Food Court, Au Bon Pain in the Hospital Plaza and 100 Oaks*

### **11am-1pm Healthy Samples**

*Courtyard Cafe, Children's Hospital Food Court, and VRWC provided by Campus Dining*

### **11:30am-12pm Team Walking Relay & Walking Wednesdays**

*-Walking Relay registration online. Teams meet and compete in this fun challenge at the VRWC Fieldhouse.*

*-Walking Wednesdays begins at the Eskind Library*

### **12:15-12:45pm Pound on the Lawn**

*Between Light Hall and Veterans Administration (VA) Hospital*

**Share your healthy choices on social media and be entered to win a prize!**

1. Add VanderbiltRWC on Facebook or @VandyRec on Twitter
2. Post a picture of yourself being active, eating a healthy choice, or making other healthy choices.
3. Tag us and use #VandyFit2015 to be entered into a special drawing. See the VRWC website for more information.

### **4-5pm Meet the Personal Trainers**

*Join VRWC Personal Trainers Alyson Dickson and Johnny Pryor for games, prizes, and to ask questions!*

### **4:30-6:30pm Bike Repair provided by Cumberland Transit**

*Bring your bike for repairs outside the Outdoor Recreation Center behind the VRWC.*

### **5-6pm Van-Fitathon and Fun Run**

*A total body workout with prizes for participants plus a Fun Run/Walk offered with 1, 2, or 3 mile options.*

***Thank you to the National Employee Health and Fitness Day Sponsors***

Vanderbilt Recreation and Wellness Center • Health Plus • VRWC Smoothie King •  
Vanderbilt Heart • Campus Dining • Medical Center Dining Services • Children's Hospital  
Dining Services • Suzie's Espresso • Au Bon Pain

More event info at [www.vanderbilt.edu/recreationandwellnesscenter/](http://www.vanderbilt.edu/recreationandwellnesscenter/)



Join Vanderbilt's celebrated chefs, registered dietitians, and expert guests for healthy cooking demonstrations along with tasty samples and recipes.

Upcoming Vandy Cooks.....

**Friday May 22, 12 -1 PM Vandy Cooks with Registered Dietitian Sarah Kraynak**

Join Sarah Kraynak, registered dietitian with Second Harvest as she prepares budget friendly, heart healthy, simple and delicious recipes. All attending are invited to bring a nonperishable food item for the Second Harvest Food Bank (optional, but appreciated).

**Friday June 12, 12 – 1PM Vandy Cooks with Laura Marbury**

June is National Dairy Month. Come celebrate by joining Laura Marbury, MS, RD, LD as she uses culinary solutions to create delicious recipes with dairy products.

Laura Marbury, a registered dietitian, is the nutrition affairs program manager for the Southeast Dairy Association. She is very experienced in conducting television, radio and print interviews on nutrition throughout Tennessee and Kentucky. Her expertise in nutrition and media interest have opened the door for opportunities such as working in Southern Living's test kitchen and editorial department.

Receive samples and recipes.

**Tuesday July 21, 12 – 1PM Vandy Cooks with Valerie Bass**

The Vanderbilt Recreation and Wellness Center and Health *Plus* invite you to join Valerie M. Bass, Executive Director, Tennessee Beef Industry Council, in celebration of Beef Month. She will be preparing heart healthy beef recipes at the July Vandy Cooks demonstration.

Vandy Cooks is presented to you by the Vanderbilt Recreation and Wellness Center and Health Plus

For more Information Visit:

[www.vanderbilt.edu/recreationandwellnesscenter/wellness/vandy-cooks/](http://www.vanderbilt.edu/recreationandwellnesscenter/wellness/vandy-cooks/)

Contact Marilyn Holmes at [Marilyn.c.holmes@vanderbilt.edu](mailto:Marilyn.c.holmes@vanderbilt.edu) or 615-343-2638

# Camp Vandy

**Summer 2015**

for Ages 4-13

Monday-Friday • June 1-July 31 • 9 a.m.-4 p.m.

Arts and Crafts • Rock Climbing • Swimming • Bowling • Visitors from the Nashville Zoo, Nashville Ballet, Mr. Bond and The Science Guys, Metro Police and Fire, among others • See back of flier for weekly themes and additional camp info.

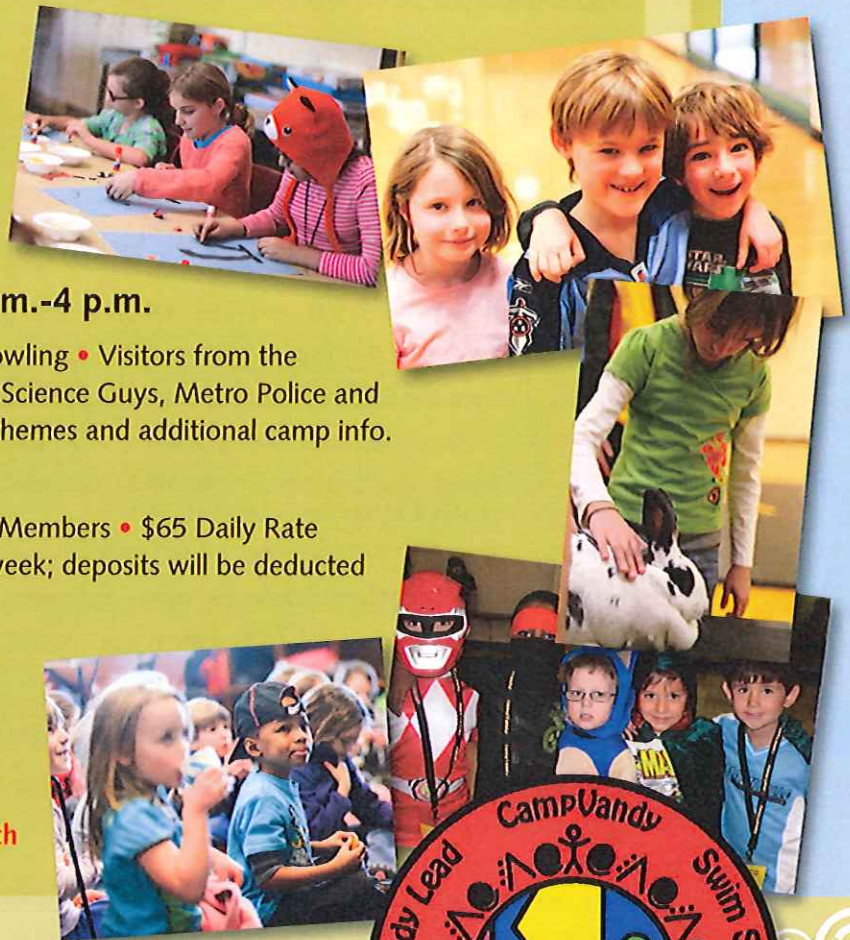
## Weekly Rates

\$165 Vanderbilt Affiliates • \$195 for Community Members • \$65 Daily Rate  
We accept \$50 deposits to secure a spot for the week; deposits will be deducted from the weekly balance.

## Early Care & After Care

Available 7 a.m.-9 a.m. and 4:15 p.m.-6 p.m.  
\$10 per day, per care

Register online beginning March 2 at  
[vanderbilt.edu/recreationandwellnesscenter/youth](http://vanderbilt.edu/recreationandwellnesscenter/youth)



# Vanderbilt Swim School

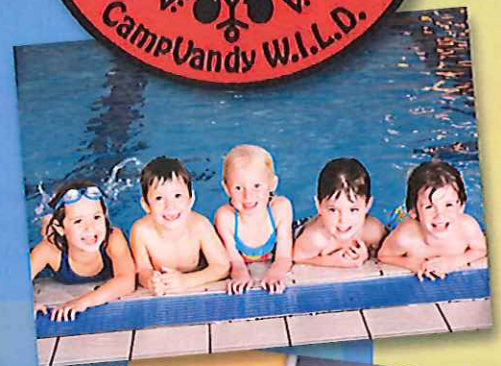
**Now In Its 48th Year**

The leader in teaching Nashville to swim offers a variety of times and classes led by experienced CPR- and AED-certified instructors. Group and private lessons are available.

Group Lessons \$70 per session • Private Lessons \$150 per session

- Session 1 — June 1-4
- Session 2 — June 8-11
- Session 3 — June 15-18
- Session 4 — June 22-25
- Session 5 — July 6-9
- Session 6 — July 13-16
- Session 7 — July 20-23

Register online beginning March 2 at  
[vanderbilt.edu/recreationandwellnesscenter/youth](http://vanderbilt.edu/recreationandwellnesscenter/youth)



 Vanderbilt RWC    @VandyRec



**Recreation and Wellness Center**  
[vanderbilt.edu/recreationandwellness](http://vanderbilt.edu/recreationandwellness)

# CampVandy

## Themes for Summer 2015

- Week 1: June 1-5** School's Out for the Summer! (Kick-off celebration that lasts all week)
- Week 2: June 8-12** Animal Planet (Nashville Zoo, K9 unit, horse patrol, reptile guy)
- Week 3: June 15-19** R.E.S.P.E.C.T (Olympic games, nations parade, etc.)
- Week 4: June 22-26** Spirit Week (Spirit banners, Wacky Wednesday, costume day)
- Week 5: June 29-July 3** Stars and Stripes (Hot dogs, potato sack races, water slides)
- Week 6: July 6-10** Movin' and Groovin' (Dance-athon, CampVandy Good Games, health and wellness activities)
- Week 7: July 13-17** Mad Science (Experiments with one fundamental element—fun)
- Week 8: July 20-24** Challenge Week (Obstacle courses and more)
- Week 9: July 27-31** Performance Week (CampVandy's got Talent, Nashville Ballet, performing arts mini-camp)

### Mini-Camp Options for Ages 8-13

Add a mini camp to the regular camp week for an extra \$50 per camp. Mini-camps will run for two hours each day with a specialized teacher.

#### Science Mini-Camp • July 13-17

Grab your lab coat and join other junior scientists as we learn science basics, discover crazy chemical reactions, and perform wacky experiments during this fun and educational experience.

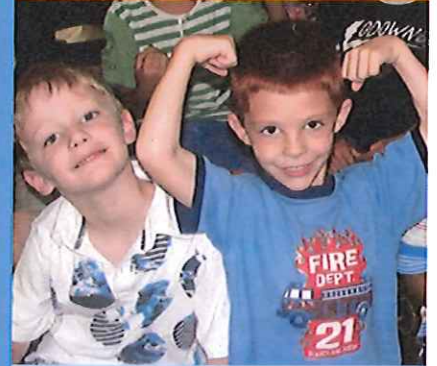
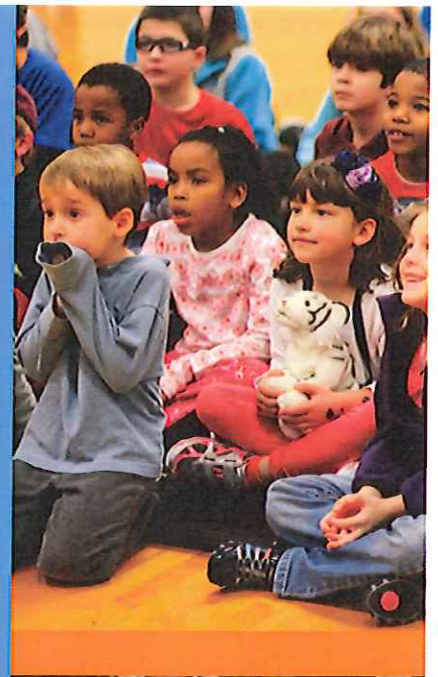
#### Performing Arts Mini-Camp • July 27-31

This mini-camp will give your child an opportunity to work on their singing, acting, and music skills. At the end of the week, they will put their skills to the test with a performance for all to see.

### CampVandy W.I.L.D. for Ages 13-15

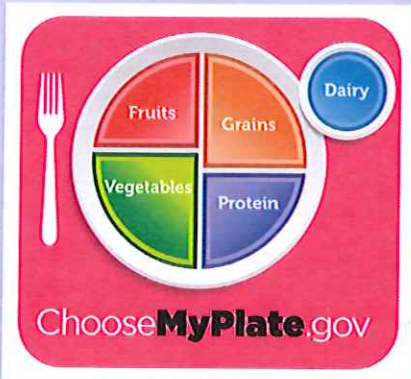
#### June 22-26 and July 13-17 • \$285 per week

CampVandy W.I.L.D. (Wilderness Immersion and Leadership Development) is designed to provide teens with an opportunity to break from the typical summer experience and explore the wilderness areas around Middle Tennessee. Weekly outdoor activities will include hiking, flat water boating, rock climbing, a high ropes course, and zip lining.



## Components of a Healthy Meal:

- **Breakfast** – Whole grain + Lean protein + Fruit + Low-fat dairy
- **Lunch or dinner** – Whole grain + Lean protein + Vegetable + Fruit + Low-fat dairy



VRWC  
Nutrition  
Corner



Courtyard  
Café

Campus  
Dining



Food Court in  
Children's  
Hospital



## Vanderbilt Recreation and Wellness Center

2700 Children's Way  
Nashville, TN 37240

[vanderbilt.edu/recreationandwellnesscenter/](http://vanderbilt.edu/recreationandwellnesscenter/)

Phone: (615) 343-6627

Facility Hours:

Monday - Thursday 5 am – 11 pm

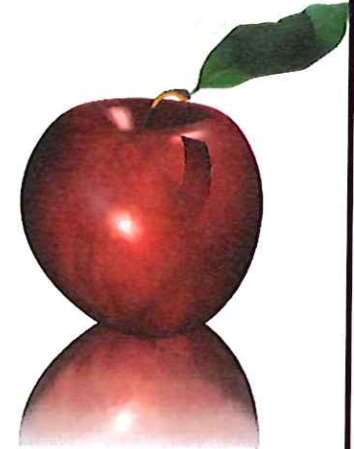
Friday 5 am – Midnight

Saturday 9 am – 10 pm

Sunday 12 pm – 11 pm

Vanderbilt  
University

## Healthy Dining on the Vanderbilt Campus



**Vanderbilt Recreation  
and Wellness Center**

Phone: (615) 343-6627  
[http://www.vanderbilt.edu/  
recreationandwellnesscenter/](http://www.vanderbilt.edu/recreationandwellnesscenter/)

**A Wide Variety of Dining Options with Healthy Foods Selections are Available**



The Vanderbilt campus offers a wide variety of restaurants, cafes and markets featuring healthy options. Several locations provide nutrition information at the food counter. Also available at numerous sites are online nutrition calculators, with some offering a smart phone app for portable tracking.

**Around campus locations include:**

- Alumni Hall - Bamboo Bistro
- Blair School of Music - Susie's Espresso
- Branscomb - Branscomb Market
- Carmichael Towers - Market
- Children's Hospital - Taco/Bell, Pizza hut, Vandy Café, Suzie's Espresso,
- Commons - Food Gallery, Common Grounds
- Grins - Kosher/Vegetarian
- Kissam College Hall - Kissam Market
- Medical Center East, 8th Floor - Vanderbilt Bistro
- Medical Center North - Commodore Cup
- Medical Research Building III - Suzie's Espresso
- Morgan House - Quiznos
- Oxford House - The Vandy Deli
- Peabody Library - Iris Café


**Around campus locations:** continued

- Sarratt Student Center - Rand Dining Center (be sure to check out the Smart Choice Station here), Chef James Bistro, Rand Lounge, Campus Store, The Pub at Overcup Oak, Last Drop Coffee Shop
- School of Engineering - Suzie's Espresso
- Vanderbilt Divinity School - Susie's Espresso
- Vanderbilt Library - Library Café
- Vanderbilt Medical Center - Courtyard Café, (be sure to check out the Mindful Station here), Suzie's Espresso
- Vanderbilt Recreation and Wellness Center - Smoothie King

**Tips for Healthy Eating**

<i><u>For Breakfast Choose This:</u></i>	<i><u>Instead of:</u></i>
Bottled water, 100% juice, skim or 1% milk, tea, coffee	Soda, fruit-flavored drinks, whole milk, gourmet coffee drinks
Low-fat yogurt	Yogurt made from whole milk
Small bagels (3 ½ inches or smaller), small muffins (2 ½ inches or smaller)	Large bagels, regular or large muffins, doughnuts, pastries
Unsweetened cereal (ex: Cheerios)	Sweetened cereal (ex: Lucky Charms, Fruit Loops)
Whole grain waffles or French toast	Waffles or French toast made from white bread
Canadian bacon, lean ham, turkey sausage	Bacon, pork sausage

<i><u>For Lunch and Dinner Choose This:</u></i>	<i><u>Instead of:</u></i>
Water, diet sodas, unsweetened tea, 100% juice	Regular soda, fruit-flavored juice drinks, sweet tea
Salads with dressing on the side	Salads with added dressing
Vinaigrette dressings	Creamy salad dressings (ex: Caesar, ranch)
Soups made with vegetable puree or skim milk	Creamy soups made from whole milk or half and half
Pasta salads with low-fat and/or vinaigrette dressings	Pasta salads with mayonnaise or cream-based dressings
Sandwiches on whole wheat bread	Sandwiches on white bread or croissants
Lean lunch meats (ex: round steak, roasts, and pork loin), poultry, fish	Fried meats, bacon, full-fat cold cuts
Grilled meats	Fried meats
Dips made from salsa, low-fat cottage cheese, hummus or low-fat salad dressing	Dips made from mayonnaise, sour cream, cream cheese, or cheese sauce
Baked chips, pretzels	Regular chips



**Vanderbilt Recreation and Wellness**

Take time and enjoy the many and diverse dining options on the Vanderbilt campus. For additional questions about healthy eating contact

**Marilyn Holmes MS, RD, LDN**  
at the Vanderbilt Recreation and Wellness Center  
Phone: (615) 343-6627



Looking for a Fun Summer Swim League?

# Join the Vanderbilt Acorns

The goal of the swim team is to offer all young people around Nashville from ages 4 – 18 years of age the opportunity to learn and improve existing swimming skills; enhance community spirit; encourage sportsmanship; and create a fun yet competitive summer swim experience for each participant and their family. Requirements and Practice Schedule on our website. **Register today!**

Contact Kit Wilson at [kit.wilson@vanderbilt.edu](mailto:kit.wilson@vanderbilt.edu) for sign-ups or more information.



<http://www.vanderbilt.edu/recreationandwellnesscenter/aquatics/swim-league/>





# Vanderbilt Swim School

Summer 2015 — Begins June 1

Several different sessions are offered throughout the summer and are listed on our website.

Group Lessons — Four 40-minute classes \$70

Private Lessons — Four 40-minute classes \$150

Parent & Child classes — Four 30-minute classes \$70

Registration Summer Swim School lessons is open now:

<http://www.vanderbilt.edu/recreationandwellnesscenter/aquatics/swim-school/>

(615)-322-SWIM (7946)

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